

## **2010 Moultonborough Suicide Prevention and Mental Health Coalition**

Another year has ended with the successful collaboration of Northern Human Services, the Moultonborough Family Health Center and The Moultonborough Suicide Prevention and Mental Health Coalition to ensure that individuals living in the Moultonborough area will have optimum access to mental health and suicide prevention services. The collaboration has also ensured that Northern Human Services received the support and funding to provide these services in Moultonborough in a timely way and regardless of the ability of recipients to pay for them. The Coalition and Northern are also thankful to The Moultonborough Family Health Center and its staff for providing a free, comfortable space and administrative support to Northern Human Services for another year.

Currently, three licensed clinical social workers from Northern Human Services are providing therapy at the Moultonborough Family Health Center to clients with mental health concerns including depressive disorders, anxiety disorders, schizophrenia, bipolar disorder, and adjustment disorders to a variety of life stressors. In 2010, a total of **359** appointments were made in Moultonborough by **100** individuals ranging in age from five years old to eighty nine years old. **25** of those were males. **36** individuals came from surrounding towns by referral from the Moultonborough Family Health Center due to emergency concerns. Services were rendered on Tuesdays and Fridays up to a full day depending on appointments scheduled and on Wednesday afternoons on an as needed basis. Evening appointments were offered as needed.

In general, referrals for services have come consistently from Moultonborough Family Health Center, Moultonborough Family Care, Moultonborough Town Offices, the Moultonborough Schools, and the Moultonborough Police Department. Consultation to these referral sources was available five days a week during normal business hours and through our Emergency Services afterhours 24/7.

Northern Human Services reports that 20% of the individuals were uninsured. Almost all of them paid \$20 for their sessions. Funds provided by The Moultonborough Coalition enabled Northern Human Services to extend our sliding fee scale to accommodate these individuals truly to their ability to pay for services. The majority of these were young, working poor who do not qualify for Medicaid and are otherwise uninsured. To date, we have seen two self pay clients with incomes enabling them to pay more than \$20 per visit as means tested for income on our standard fee scale which they did.

Approximately 46% of the individuals have private pay insurance with co-pays that are higher than they can afford. These co-pays range from \$15 per visit to \$50 per visit. In some cases, several family members are seen individually which would otherwise require the family as a whole to pay combined co-pays of up to \$400 per month to cover their visits. Again, funds from the Moultonborough Coalition enabled Northern to provide the services to individuals and families in need at greatly reduced rates making their mental health care affordable while at the same time the costs of our services are covered at the minimum rate that we require.

The remaining 34% of clients had either Medicare or Medicaid or both enabling Northern Human Services to bill directly to the insurer for those services rendered. NHS is reimbursed between \$42 and \$80 for those clients. Reimbursement rates vary depending on a variety of factors including which category of Medicaid the client falls in, how severe their illness is and their own financial situation. In those cases of a client having Medicare without any other insurance the Moultonborough Coalition greatly assisted in helping to pay the client's 45% co-insurance as most of these clients are unable to pay the full amount.

Currently, mental health services are provided in Moultonborough at the MFHC, Moultonborough Schools, and elsewhere as needed for a total of eight days per month. This excludes the day per week

provided in the Moultonborough Schools under the SPED contract. Plans for the coming year include the addition of one full day per week at MFHC extended to evening hours and provided by a clinician who specializes in work with young children, their families and older adults. This service will start February 2, 2011. Shortly thereafter, an additional two days per month will be added to provide drug and alcohol counseling services in the MFHC office. In 2011, it is expected that direct access to mental health services provided by Northern Human Services will be available a total of fourteen days per month.

November 2010 was a busy month for the coalition as we prepared to present on their work and also host a support group. The coalition was invited to present at the annual suicide prevention conference to highlight the great suicide prevention work being done in the community. The workshop was heavily attended and folks came away from it feeling inspired to do more, and to continue to reach out and collaborate with local community partners. The coalition also hosted the annual survivors of suicide loss day teleconference on November 20<sup>th</sup> where many survivors gathered together to support one another. The Coalition members meet the 2<sup>nd</sup> Wednesday of the month at 4 p.m., at the Library meeting room. We invite those who may be interested to stop by and attend a meeting.

We are thankful for the Citizens of Moultonborough for its dedication to providing for the mental health and well being of the citizens in Moultonborough, and its first responders who respond to suicidal persons or experiencing a mental health crisis. We would again like to thank Eve Klotz, Clinical Director and the Northern Human Services staff and The Moultonborough Family Health Center for its support and generous offer of space and administrative support.

Respectfully submitted,  
Scott Kinmond & Peter Whelley, Coalition Members